

## UFH/Community YMCA of Eastern Delaware County Physician Referral Authorization

Patient is cleared for unsupervised exercise. (Please check box if accurate.)

Precautions/limitations/special conditions we should be aware of:

---

---

---

### Patient Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

I authorize the Community YMCA of Eastern Delaware to share monthly scan reports with Unite for HER in order to remain eligible for UFH funding. Initial here to acknowledge: \_\_\_\_\_

### Physician/Medical Provider Information:

Name (print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_ Phone: \_\_\_\_\_

### Offer includes YMCA 6-month individual membership.

- Please select a YMCA location on the participating branch list that is most convenient for you.
- Be sure to mention you are a Unite for HER participant and bring identification to your first visit.
- You must use the facility at least four times a month in order to keep the membership active.
- If you have questions regarding this program, please contact Unite for HER at [info@uniteforher.org](mailto:info@uniteforher.org).

**Please bring this completed form to your first YMCA visit in order to begin your membership. We are looking forward to having you as a part of our Community YMCA of Eastern Delaware County family.**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Dear Participant:

The Community YMCA of Eastern Delaware County is looking forward to having you join our YMCA family! Each Unite for HER participant will receive a six-month YMCA individual membership.

The Community YMCA of Eastern Delaware County will provide each new member with a personal YMCA Coach to help you navigate all areas of the YMCA and to help connect you and be there to support you through your wellness journey. Your YMCA Coach sessions are at no additional cost to you and will be accessible to you throughout your membership.

Please contact Colleen Gutowski, Health & Well-being Director at [cgutowski@cyedc.org](mailto:cgutowski@cyedc.org) or 610-544-1080 ext. 2220, if you have any questions about getting started.

See you at the Y!

Sincerely,  
Colleen Gutowski and  
the Community YMCA Healthy Living Team

